

Daily World



UNITY PUBLICATION

DECEMBER
60

Pray with Silent Unity

PEACE Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the mutual security of all mankind.

•

PRAYER FOR ILLUMINATION: Through Jesus Christ, I am born anew. I am filled with light, wisdom, and inspiration.

•

PRAYER FOR PROSPERITY: Through Jesus Christ, I am born into a new understanding of Spirit substance, which supplies my every need.

•

PRAYER FOR HEALING: Through Jesus Christ, I am born anew. I am filled with new life, and my mind and body are made whole.

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Transformed People

IN A GROUP of beautiful tropical islands in the Caribbean, there is being enacted a reformation in the thinking of the people that makes them a mighty fortress of Truth. These islands, the British West Indies, are becoming islands of Unity students!

Who started Unity on the islands? No one knows. But we do know how it grew, for whoever sent the first Unity subscription into these islands performed a marvelous act indeed. Like mother nature he planted a seed, and the abundance reaped was unexpected and unpredictable. For this first person doubtless showed his magazine to a friend, who sent one like it to another friend, and the circle grew. Today there are 13,666 Unity subscribers in the islands!

Unity does not send missionaries to faraway places. Unity's missionaries are pieces of literature, sent to others by individuals like you, at your own expense.

What happened on the islands is just a sample of what happened in 174 other foreign countries, but it also happened multiplied ten thousand fold in the United States. The simple idea of the gift subscription has made Unity a far-reaching, impersonal teacher of Truth and it has enabled

Unity students to become friends and helpers to their fellow man. Thus, Unity makes its literature available, and you, desiring to help a friend, send him a gift subscription.

At this Christmastime, Unity wishes again to thank you, and to remind you that among your friends and acquaintances, there are those who will find true inspiration in Unity literature.

So, plant other seeds this Christmas, won't you? The circle that you begin can widen to include thousands of people, transformed by truth.

Unity's NEW Telephone Number

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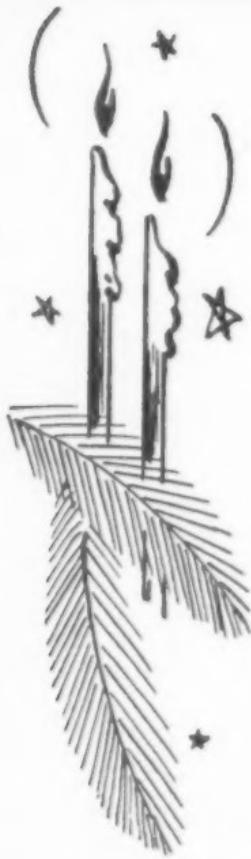
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Address letters to Unity, Lee's Summit, Mo.
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Christmas Is A Wonder

JAMES DILLET FREEMAN

AT CHRISTMAS it is easier to see to the wonder of things. I am not sure whether the wonder wells up closer to the surface and things actually have more of a glory, or whether things look the way they do because we are looking at them with more wonder in our eyes.

Is the wonder in the things, or is it in us? I would say it is in both.

Certainly, things take on a special wonder at Christmas. With candles at our tables, with wreaths in our windows, with holly at our doors, with our houses festooned with colored lights, with the lamp posts hung with fir boughs and bells, with mailbags bulging with greeting cards, with every shop window a window-dresser's triumph, with the downtown streets alive with noisy, jostling crowds of joyous people all bent on bringing happiness to others—it is as if at Christmas

God gift-wraps His world.

Christmas has power to quicken our sense of wonder because it turns us into children. Children have a wonderful sense of wonder.

So tonight, before you fall asleep, lie still for a moment, shut your eyes, and think back to the Christmas of your childhood. Or better yet, feel after the wonder in your heart.

Can you remember what waiting for Christmas was like? It is hard to find words for that feeling.

Hope? Hope sharpened into ecstasies of expectation!

Desire? A longing so intense you could but half believe the day of consummation ever would arrive!

Excitement? What a willowy word! A fever of the mind, so hot it was likely to produce a temperature!

Dreams? Dreams spawning dreams, proliferating fancies, a sweet delirium of snow, Santa Claus, toyland, reindeer, fruitcake, bicycles, bonbons, and ten thousand other delectable items stirred into the brain until it was a brain no more, but one stupendous plum pudding of imagination, set ablaze!

I remember the doubts that sowed my mind, too. I was told that if I misbehaved, I would find when I rose on Christmas morning, instead of

gifts, coals in my stocking.

Since I had always misbehaved and knew, if I got my just desert, coals it would be, I always took down my stocking with dread mixed in my hope. But always when I up-ended it, the Christmas stocking spewed into my greedy fingers not coals, but oranges, apples, nuts, jackknives, toy boats, tops, and as many other small surprises as could be crammed into its expandable depths.

Perhaps this is one small reason I believe in a God who is infinite forgiveness and loving-kindness. It is impossible for me to believe that God is less understanding than my grandfather was.

And of course there was always the visit to toyland. Toyland two weeks before Christmas, what dream of riches, even in a miser's heart, can vie with that?

Counters packed with heaped-up, pressed-down, spilling-over joys in infinite variety, toys longed for for weeks, and unimagined toys! Who ever grows so old and cold of heart that he can pass through a toyland and not pause to play with any of the toys?

I remember going downtown with my mother and seeing all the Santas on the street. I believed in them all. I can't tell you how. But Christmas is concocted of so many marvels that a Santa on every corner, tall, short, stout, and thin, and all

the time at the same time away at the North Pole making toys—this is an easy miracle for a small boy to believe in.

And at last, when it was Christmas Eve, I remember my grandmother's great featherbed in a room with real shutters on the windows, shutters that were fastened at night and hard to look through, though we tried, stealthily, of course. At every noise my sister and I would be sitting, immobile as Mohicans, listening: Could it possibly be reindeer hooves on the roof?

Every year, about a week before the great day, a rumor wafted through the neighborhood. A boy in the next block—always in the next block—had actually sighted the reindeer sleigh careening through the night sky! an observation flight, no doubt, made to see which boys and girls were behaving. I never caught a glimpse of it myself, but no one ever believed in it more.

And Christmas morning!

When I was a child, I slept like a stone, but I was always awake before dawn. And on Christmas morning I was awake hours before dawn. My grandfather arose as early as I, and between us we soon had everyone awake.

My sister and I had to wait, of course, till the grownups told us it was time. Then we lunged down the stairs and into the parlor.

All I can really say about Christmas morning is that it was worth waiting for.

There was the tree as high as the ceiling—and how high is a ceiling? You have to ask a child.

We got to know that tree inch by inch and bauble by bauble. My sister and I played a Christmas game. She would choose a ball on the tree and describe it by colors to me. I would search for it. If I found it, I got to choose a ball.

We never tired of looking.

The star-strewn heavens were no greater wonder than its tinseled, candlelit delight. Fairyland danced in its branches. On the scent of its needles the wildwood itself, the dark, mysterious fir forest, came into our parlor and blew through our minds.

And under the tree there were not all, but enough of the things I had hoped for, wished for, thirsted after, and written Santa Claus about, to make me still certain these many years later, that Christmas is a wonder and Christmas morning a dream come true.

I do not mean that Christmas just has meaning if you get things. I remember one Christmas when I got nothing. No gifts. No tree. Not even a piece of rock candy. Nothing at all. I was pretty heartbroken. But later in the day my sister and I went downtown to the Mayor's Christmas Tree Party.

Thousands of boys and girls were there. We got sacks of candy and nuts. She got a doll. I got a little mechanical man who danced on a box when you wound him up. But I wound him too tight and by the time I got him home he could dance no more.

But this Christmas like all the others, happy or troubled, is part of the wonder.

Christmas even for a child is much more than getting things.

Christmas is not getting things, because Christmas is not things at all. Christmas is a wonder. And it is for wonder.

Christmas is believing.

Christmas is hoping.

Christmas is dreaming.

It is a holiday holy to man's dreams and hopes.

That is why Christmas is, first of all, the Christmas story.

Christmas is the birth of Christ.

The birth of Christ is the birth of man's best dream and highest hope.

It is the birth of God in man.

Take time this Christmas to read the story again.

Because there was no room at the inn, God was born in a stable.

There Mary the Mother bent over the manger,

watching her Baby asleep in the hay.

The beasts in the stalls—were they wiser than men?—knelt down, says the legend, and worshiped Lord Jesus.

Shepherds came from the fields roundabout. They left their flocks and lambs to tend the Lamb of God.

Wise Men came from lands far away. They followed the brightest star that has ever shone in earth's night.

Angels sang in the skies by the stable, though only the shepherds paused to hear.

They sang of peace to an earth without peace. They sang of good will to men.

Is my mind not a stable? Is my heart not a manger? They too can hold the wonder of which the angels sang.

The Christmas story holds hope for us all. For in the story—remember!—both the shepherds and the Wise Men found their newborn Lord.

The childlike shepherds came from near at hand.

The Wise Men came from afar. It was after a long hard journey that they found the Christ. Angels sang for the shepherds.

The Wise Men probably were too wise to believe in angels. But they followed a star—and it too led them to the Truth.

When the shepherds came looking for God,
they brought Him only their wonder, for this was
all they had.

When the Wise Men came looking for God,
they brought Him their gifts.

If you are a shepherd, God asks of you only
your wonder.

If you are a wise man, God asks of you only
your gift.

God reveals Himself alike to shepherds and to
Wise Men, to all who come looking for Him.

If you are a wise man, you may have to come
by a longer road than if you are a shepherd, but
the Christmas wonder, smiling like a newborn
child, lies waiting for you to find it.

So, if you have a wise man's mind or if you
have a shepherd's heart, come take a look at
Christmas, and be filled with the wonder of God.

ATTENTION REGULAR SUBSCRIBERS

The heavy holiday mail often causes delay in
magazine delivery during the Christmas season,
so the January issue of your Unity periodicals
may be slow in reaching you. But practically no
mail is lost in this seasonal rush, and we shall
appreciate your waiting patiently for the Jan-
uary issue of YOUR magazine to arrive.

Thank you for your patience and co-operation!

Thursday

DECEMBER 1

I AM IN DIVINE ORDER AND MY AFFAIRS ARE IN DIVINE ORDER.

WHEN I AM in divine order, I work in harmony with circumstances, conditions, and people. When I am in divine order, I think clearly, my faculties are quickened, my body co-operates with my mind, and my affairs are in divine order.

Divine order is needed every day of every month, but during December most of us have a very special need for increased order. If we find ourselves confused, concerned, tired, or impatient, let us declare with faith: "I am in divine order. My affairs are in divine order." Then we find that divine order naturally follows.

As we make preparations for Christmas and for the holiday season, as we think of buying and sending gifts and cards, wrapping packages, decorating our homes, entertaining, accepting or rejecting invitations, let us affirm that we are in divine order. Then we will find that we are able to handle every detail of our affairs easily and pleasantly and in divine order.

♦ *Yet am I with you in the spirit, joying and beholding your order.—COL. 2:5.*

DECEMBER 2

Friday

BY DIVINE APPOINTMENT I AM DOING MY
RIGHT WORK, IN THE RIGHT PLACE, WITH
THE RIGHT PEOPLE.

THE WORK we do, the environment in which we work, and the people with whom we share our working hours and interests, are very important. When our work satisfies us emotionally and mentally, and occupies our energies constructively, it is our right work. When the environment in which we work lends itself to creative expression, productive ideas, and satisfying service, it is a good working environment. When the people with whom we share our working hours and interests are co-operative, harmonious, flexible, and stimulating, we are with the right people.

Let us pray in regard to our work. Let us pray for right changes if they are needed. Let us pray for right placement. Let us pray for a right attitude. When we pray, we are inspired to make needed changes. When we pray, we are led to the place of service that is ours by divine appointment. When we pray, we maintain a loving, receptive attitude that tends to bring us prospering ideas and successful expression of those ideas.

* *Ask, and ye shall receive.—JOHN 16:24.*

Saturday

DECEMBER 3

GOD LOVES ME.

HOW CONCERNED should we be with what other persons think about us? Of course, we want approval and encouragement. These are very helpful. But they are not as helpful as knowing that no matter what happens, or what has happened, God loves us.

Wondering what this person or that person is thinking or saying about us consumes valuable time. Often we would be surprised to learn that others are so preoccupied with their own life and affairs that they are not thinking about us at all. But we are always in God's heart. We are always God's children, made in His image, important to Him. No matter how or where we do not measure up to this image, to our divine potential, God's love for us does not waver or change.

With this assurance that God loves us we earnestly strive to do what is right. We learn to evaluate the opinions of others, we learn to accept justifiable criticism, and we learn to take the necessary steps to make ourselves worthy of approval.

♦ *Agree with thine adversary quickly.—MATT. 5:25.*

PEACE, BE STILL.

BE STILL, and know that I am God." Be still, dear reader, be very still and know that God is within you. Before reading any further, close your eyes and quietly contemplate these words, "Be still, and know that I am God."

Be still. Be still. Be still. As Jesus spoke words of peace to the wind and the waves, so does the Spirit within you speak words of peace to your mind, your emotions, your body, and your environment. Relax, and let go your tense hold on all persons and all things. Release the past. Do not worry about tomorrow. Place yourself and your world unreservedly in God's care. Be still. Be still. "Be still, and know that I am God."

Be still. Be still. Be still and know that just as God is the Spirit within you that brings you peace, He is also the Spirit of peace within your dear ones. You can place them lovingly in His care. God is within the leaders of all nations and in the heart of every person as the Spirit of Peace. So, be still. "Be still, and know that I am God."

* *Be still, and know that I am God.—PSALMS 46:10.*

Monday

DECEMBER 5

I GIVE THANKS TO GOD FOR THE RELATIONSHIPS I SHARE.

AS LIVES and circumstances change, it is sometimes necessary for us to be apart from a person or persons dear to our heart. How wise we are if we remember that we can never be separated from the people we have loved. Together, through the love we have shared, we have woven a fabric that is an undeniable part of life as it is being lived. From each relationship we add strength and beauty to this fabric of life. From each relationship we gain a blessing and we are an instrument of blessing.

As we make our present relationships pleasant and satisfying, we are not being disloyal to past relationships. Rather we are being complimentary to the relationships we have shared in the past. As we bless and release the person or persons we cannot be with, let us give thanks to God for the happiness we have shared. As we bless and contribute to the relationships of the present, let us make this a time of deepened appreciation for all relationships.

♦ *Giving thanks unto the Father, who made us . . . partakers of the inheritance of the saints.—COL. 1:12.*

DECEMBER 6

Tuesday

UNDER DIVINE DIRECTION I LIVE A BALANCED LIFE.

SOMETIMES we say people are "living in the clouds," and we mean that they are giving all of their interest to the things of the spirit while they are neglecting the needs of the mind and the body. Then we see other people who are so preoccupied with mental pursuits that they neglect spiritual values and the requirements of the body. There are still other people who devote their thought to building up and enjoying the physical side of life at the expense of their spiritual growth and their mental expression. In each of these cases there is imbalance.

We are three-fold beings; spirit, mind, and body. In order to live happy, serene, satisfying lives we must be spiritually quickened, mentally alert, and physically sound. If we are out of order, we need to search ourselves to see if we are giving sufficient attention to each of these three important parts of our being. Under divine direction we will understand where we need to place more emphasis and where we need to seek better balance.

* Neglect not the gift that is in thee.—I TIM. 4:14.

Wednesday

DECEMBER 7

LIGHT BREAKS FORTH AS THE MORNING, AND
MY HEALING SPRINGS FORTH SPEEDILY.

LIght is the harbinger of every true and permanent healing. The first prayer used in our Silent Unity Healing Service is the prayer for illumination. For we realize that to restore the body to health we must have the light that reveals to us the nature of our body. We realize that to retain the body in health we must have the wisdom that will help us care for our body. We realize that to renew our body we must have an understanding of the eternality of life.

So, with each prayer for healing we pray a prayer for light. We pray to understand why we are experiencing a lack of health if such an understanding will help us to wholeness. We pray to understand that God is life and nothing can keep us from having and expressing that life. We pray to understand if and when we need outer help. We pray to understand that all material help comes originally from God. We never criticize ourselves or feel guilty for accepting help, for all help is God inspired.

♦ *Then shall thy light break forth as the morning, and thy healing shall spring forth speedily.*—ISA. 58:8.

Thursday

GOD SATISFIES MY LONGING SOUL AND FILLS
MY LIFE WITH HIS GOOD.

THE DESIRE for a feeling of well-being is good. The desire to be free from anxiety or self-condemnation is good. However, to seek a feeling of peace and satisfaction in drink or drugs only makes us vulnerable to greater feelings of dissatisfaction and unworthiness.

If we are praying for someone who needs to be free, let us remember that however misdirected his actions may be, the desires of his heart are good. Let us praise the Spirit in him that is seeking something beyond himself. Let us pray for him in the faith that there is a Spirit in him that is greater than his sense of failure or frustration. There is a Spirit in him that is greater than human frailty, a Spirit that can be trusted to lead, to guide, to protect, to renew.

"God satisfies my longing soul and fills my life with His good." And the fulfillment of the desires of our heart is possible to us, whether we have believed this to be so or not. So let us affirm this truth for ourselves, and for anyone who needs to be free and strong.

• *He satisfieth the longing soul.—PSALMS 107:9.*

Friday

DECEMBER 9

AS GOD'S CHILD I KNOW TRUE SECURITY.

WHEN WE say that we would like to be secure, do we mean that we do not want conditions, circumstances, and people to change? Do we mean that we want every day to be like every other day? Do we mean that we want life to continue to follow the same pattern with no variations? If security means this to us, and if we found this type of security, life would be boring, uninteresting, and inflexible.

If, when we say we would like to be secure, we mean that we want to build our life on a foundation of faith that cannot be shaken, then we are speaking of real security. And we build such a foundation through praying for self-knowledge.

As we pray to know ourselves, we learn that we are God's children, created in His likeness, living in His good world. We discover that all changes are good changes. Life follows the pattern of perfection that God has ordained, with the variations that lend it light and color.

♦ *There hath not failed one word of all his good promise.—I KINGS 8:56.*

DECEMBER 10

Saturday

I CAST MY BURDENS UPON THE LORD.

WE DO not have to bear burdens. Jesus came to tell us that we do not have to be burdened with suffering, anxieties, and a sense of heavy responsibility.

Burdens are no part of God's plan. Within each one of us is the healing Christ, whose joy it is to lift every burden from our shoulders so that we may be free. It is His joy and privilege to help us so that we may perform our daily tasks without the slightest strain. When we are unburdened we are able to accomplish the important work God wants and needs us to do.

The Christ within us is capable. His life heals our bodies, His order strengthens our affairs, His substance supplies our needs. He does easily the things we consider impossible. But we must let Him. This very moment let us release and give over to Him anything that may be troubling us. If we are burdened with our own cares or the problems of loved ones, we can turn them over to the Christ within. Just as surely as we do, we are free.

♦ *Cast thy burden upon Jehovah.—PSALMS 55:22.*

Sunday

DECEMBER 11

THROUGH DAILY PRAYER I PENETRATE FURTHER AND FURTHER INTO THE REALM OF THE MOST HIGH.

PRAYER is important to abundant living. Prayer is a time of utter stillness, a time of refreshment and renewal for mind and body. It is a time of listening and receptivity, a time of quickening and realization. Prayer is a time of communion with our Father-God, a time of conscious union with Him.

Prayer centers our attention wholly on God. As we pray we "draw nigh to God" and He draws nigh to us. He quickens in us the realization that we are inseparably one with Him.

Let us give prayer its important place in our life. Let us rejoice that daily prayer enables us to penetrate further and further into the realm of the Most High.

Through prayer we see as God sees, we love as God loves, we forgive as God forgives. Through prayer God's thoughts become our thoughts, His ways become our ways, His will becomes our will.

* *Draw nigh to God, and he will draw nigh to you.*
—JAMES 4:8.

DECEMBER 12

Monday

GOD FILLS MY HEART WITH UNDERSTANDING AND COMPASSION. I TEMPER JUSTICE WITH MERCY.

JUSTICE IS known as a cardinal virtue. And certainly we desire to be just and to be dealt with justly. We respect justice. We uphold justice in our homes, our place of business, our community, and our nation. But many times we need to let mercy attend justice in order to bring about a right and profitable solution to a problem.

Holding to what seems just indignation, just wrath, just condemnation, may momentarily satisfy a personal affront. But tempering justice with mercy makes it possible for us not only to forget but to forgive.

The just dealings of men with each other set a standard that makes possible all kinds of exchanges that might not otherwise be possible. But compassion for other people, a broader understanding of their motives, their fears, and their lack, enables us to extend and accept help that God provides through us as willing channels.

¶ *What doth the LORD require of thee, but to do justly, and to love mercy.—MICAH 6:8 (A.V.).*



What Do I Want For Christmas?

ELIZABETH LANDEWEER

What do I want for Christmas
When all the world is still?
Lord, light for me a little star
Above an evening hill.

And let it twinkle like a flower
Upon a silver stem.
A brave reminder of the light
That shone on Bethlehem.

No other gift could cheer me so,
Or mean so much to me,
I only want to catch a glimpse
Of love and mystery.

A star to gaze upon with joy,
Serene and pure of ray,
A sign to me of one that smiled
Above the manger hay.

What do I want for Christmas?
Lord, set one star apart,
And let me lift to it tonight
An awed and childlike heart.



Tuesday

DECEMBER 13

PRAYER PROSPERS ME.

WHAT CAN I do if I have a need for prosperity? I can pray! Prayer is action. I do not discount its effect. Prayer changes me if I need to be changed. Prayer changes the circumstances and events if they need to be changed. Prayer encourages me when I need encouragement. Prayer guides, directs, inspires, and instructs me. Prayer prepares my way and makes me willing to take the steps that lead to prosperity.

When I pray to be prospered, I am praying to learn how to give. Does this sound like a contradiction? It is not. If I would receive, I must learn to give. When I give, I cannot escape receiving. When I pray for change, change occurs in my mind, in my feeling nature, in the people around me, in my environment, in my work, and in my world. Why? Because prayer lifts limitations, it releases me from bondage. I give. I receive. I serve and I am served. I attract good and I express good. Prayer reveals right values. Prayer sets high standards. Prayer is effective.

♦ *And Jehovah was with him; whithersoever he went forth he prospered.—II KINGS 18:7.*

Wednesday

I BLESS ALL WHOSE SERVICES CONTRIBUTE TO THE JOY OF CHRISTMAS. I REJOICE THAT THE CHRIST SPIRIT MANIFESTS THROUGH THEM.

I BLESS all whose services contribute to the joy of Christmas. I bless the friendly, courteous clerks who serve the hurrying throngs of shoppers. I contribute to the harmony of this season by maintaining peace and poise and by blessing every transaction in which I have a part.

I bless the postal employees who multiply the joy of Christmas as they efficiently handle parcels, letters, and cards that affirm our love for family and friends. I make their busy days easier by preparing mail carefully and properly.

I bless those who plan our beautiful holiday decorations, those who direct traffic, and all other workers whose services add to the joy of Christmas. I bless the spiritual leaders who help us lift our vision above the outer busyness of the holidays to the eternal wonder and beauty of the incarnate Christ. As I bless all whose services contribute to the joy of Christmas, I rejoice that the Christ Spirit manifests through them.

♦ *Ye serve the Lord Christ.—COL. 3:24.*

CHRIST INDWELLS ME AS INTELLIGENCE AND I MAKE WISE AND RIGHT DECISIONS.

ALL OF US are daily called upon to make a variety of decisions. We want to make right and wise decisions, for we know that right decisions insure success, peace of mind, and a happy, orderly outcome of all that concerns us.

If decision-making is difficult for us, if we are hesitant about taking a stand because of doubt and fear, we need to remind ourselves that Christ indwells us. Christ indwells us as intelligence and understanding. We are inseparably one with His light and wisdom. As we establish ourselves in the Truth that Christ is the light of our mind, we will not unduly procrastinate in making decisions. Neither will we rush impulsively into hasty decisions. In every decision we will look to the Christ Spirit within us. We will call upon the Spirit within us to help us judge and evaluate every situation. We will have no fear or regrets when we act upon the infallible direction of the indwelling Christ.

* *Christ in you . . . teaching every man in all wisdom.*
—COL. 1:27, 28.

THROUGH GOD'S POWER I RISE UP OUT OF GRIEF AND FIND NEW JOY IN LIVING.

SOMETHING in us will not let us continue in grief or sadness but calls us again to life. This is God's Spirit in us, the Spirit that comforts our hearts, strengthens our bodies, and lights our minds with living ideas. Even when it seems to us that all is lost, even when it seems that we cannot bear to go on without a dear one, God in us is saying, "Have faith. Behold, there is only life. All things change, but I change not. I am your life. I am the life eternal of those you love. Look to Me, and live."

Faith is an antidote to fear. A sense of purpose is an antidote to grief. To know that we are needed in God's good scheme of things, to know there is a divine purpose in our being where we are, helps us to take a new hold on life.

God loves us; God needs us; God lives and works through us to accomplish His good purposes. We are needed in life, important to life. Knowing this we rise out of grief and find new joy in living.

* Give unto them a garland for ashes, the oil of joy for mourning.—ISA. 61:3.

Saturday

DECEMBER 17

I TRUST GOD TO HELP ME CONFORM MY LIFE TO A HAPPIER, RICHER, MORE FULFILLING PATTERN.

IF YOU find yourself giving in frequently to fearful, despondent thoughts, you need not continue to do so. You can be a happy, free, confident, poised person. You can attain and maintain right and positive attitudes of heart and mind.

Making your life conform to a happier, more fulfilling pattern is not difficult if you remember that you are never without help and guidance. Through prayer comes the knowledge that you have God's own all-conquering, resourceful Spirit within you. You can always draw upon this Spirit for light and understanding, for assurance and confidence.

As you pray, your faith in God is strengthened. You begin to trust Him completely, to rely on Him so thoroughly that you follow His direction and guidance implicitly. You find it easy to replace your fears and doubts with positive, faith-filled thoughts.

♦ *My heart bath trusted in him, and I am helped.*
—PSALMS 28:7.

"WE ARE A PART OF ALL THAT'S GOOD,
AND GOOD SHALL BE VICTORIOUS."

THESE LINES, from a song in the Unity hymnal, state a truth that uplifts, encourages, and blesses us as we accept it for ourselves. God is good and as God's children we are a part of all that is good.

Everything that is honest, upright, and constructive is a part of the good that is of God. Justice, understanding, patience, and love are part of all that is good, and part of our dealings with one another. As we express these qualities and as we look for their expression, we are keeping thoughts of good uppermost in our minds and helping to establish good in our everyday experiences.

Good shall be victorious when men live together in trust, work together in harmony, worship together in tolerance, grow together in love. Good shall be victorious when we can say, "we are a part of all that's good," and as we speak these words know them to be true not for one man, one nation, one creed, but for all men, all nations, and all creeds.

* *Jehovah is good.—NAHUM 1:7.*

Monday

DECEMBER 19

FOR EVERY NEED THERE IS FULFILLMENT.

A FRIEND, in writing to Silent Unity, stated that she wanted a woman to keep house for her and to take care of her young son. She said she knew that somewhere there was a woman who was praying for a home and for a family to take care of, and she had confidence and faith that through prayer they would be drawn together. We had this same confidence and faith. And her need was met.

If you need help, if you need a place to live, if you wish to buy or to sell property, if you need to know where and when to open a new business, if you need different or more lucrative employment, we have confidence that there is perfect fulfillment for your need.

We have faith that as you pray about your need, there will be a perfect answer. As you pray, and as we pray with you if you have asked the prayers of Silent Unity, we know that you attract your own good and you radiate good to others. That is the wonderful part of prayer! It brings about a full circle of blessing.

♦ *I came . . . to fulfil.*—MATT. 5:17.

DECEMBER 20

Tuesday

I GIVE IN LOVE; MY GIFT IS BLESSED.

HERE ARE times when we want very much to give a gift to a friend, a dear one, our church, or a service in which we have taken a special interest. But we seem to have so little to give that we are hesitant to offer the little we have. However, with the desire to give comes the ability to bestow a blessing. The amount of money we spend for a gift, the size of an offering, is not important. The important thing is that we are giving with love.

Whatever we give, whatever we share, when it is given and shared in love, will take on the value and the worth of the "gold and frankincense and myrrh" the Wise Men laid at Jesus' feet. When we have an urge to share our blessings, let us not hesitate to do so. Somehow the sharing of substance, in love, opens a two-way circuit. It seems to throw a switch that enables both giver and receiver to be enriched in ways far beyond the monetary value of the gift. The generous impulse of the loving heart has a miraculous multiplying power.

* *She . . . did cast in all that she had.—MARK 12:44.*

Wednesday

DECEMBER 21

I EXPRESS THE FULL ACTIVITY OF LIFE.

I TURN MY wholehearted attention to the beauty and wonder of life. I delight in its myriad forms and manifestations. Nothing is strange or frightening in the whole universe, for it is the life of God that animates His creation. And God is the substance out of which everything is formed.

I lift my heart in praise to life. I feel life surge through me in the fullness of its freeing, healing power. I am alive in every part. I am joyously active, moving from accomplishment to accomplishment naturally and easily.

I express the full activity of life. Doubt and discouragement have no place in my thinking, no power over my emotions. I am able to meet every challenge with confidence and assurance. I let the joy of life bubble up within me. This joy of life radiates as vitality and enthusiasm to those persons who need upliftment and encouragement. I express life freely and fully, for I am one with God life, inexhaustible and eternal.

*With thee is the fountain of life:
In thy light shall we see light.*

—PSALMS 36:9.

DECEMBER 22

Thursday

I AM KEPT IN SAFETY, FOR WHEREVER I AM,
GOD IS.

OVER THE vast network of streets and highways that gird the country flows the traffic that is the lifeblood of our machine age. Since each day many of us spend time driving or riding, let us dedicate ourselves to practicing the presence of God in this area of our life.

We do this by recognizing God's protecting presence within us, inspiring us with alertness, courtesy, good judgment, and reverent regard for the lives of all who share the road.

As we consciously commit the problems of traffic safety to God, we find there are improved driving conditions for all. Let us practice the presence of God on the highway by using daily Unity's prayer for protection:

"The light of God surrounds me;
The love of God infolds me;
The power of God protects me;
The presence of God watches over me.
Wherever I am, God is!"

♦ *Jehovah will keep thy going out and thy coming in.*
—PSALMS 121:8.

Friday

DECEMBER 23

I MAKE WISE USE OF GOD'S GIFT OF LOVE.

LOVE IS God's most precious gift to us all. Love works miracles. Love gives life meaning. Love fulfills God's laws and principles. Love gives us purpose and direction. Love has the power to change our thinking, our speaking, our way of handling our affairs. Love draws us into harmony with all mankind.

We can diligently use love in our own daily life by endeavoring to do to others as we would have them do to us. In this way we make wise use of this gift from God, for our world is in real need of love in action.

When love fills our heart, everything that is unkind, unforgiving, ungracious, un-Christlike is erased. As we practice love, as we participate in its use, we find that the love that is easy to sense, to see, and to share at Christmas time, is a part of our life the year round. By loving the Christ in man we keep the Christmas spirit alive. By expressing love toward man we keep the Christmas spirit active as the good will that makes for good fellowship and world peace.

♦ *Owe no man anything, save to love one another.*
—ROM. 13:8.

Saturday

I PREPARE MYSELF FOR A REBIRTH OF THE CHRIST.

ON THIS, the day before Christmas, many households follow certain customs and rituals. Perhaps we like to be with our family or with certain friends on Christmas Eve. Perhaps we eat special food, fill stockings, read aloud a favorite Christmas story, sit before an open fire, or simply delight in the beauty of a Christmas tree or Christmas music. It does not matter what customs or rituals we follow on this day before Christmas, as long as in our own way we prepare room for the true Christmas spirit to come into our heart.

Even in the midst of our activities we can turn in thought to the real meaning of this season. As we make our preparations we can feel as the Wise Men felt on their journey to find the Christ. We can feel that each thing we do is done in the light that shines for Him. We can identify ourselves with the angels who sang of Christ's birth, by keeping our words filled with the sincere good will that they felt that night of long ago.

* *Make ready for the Lord a people prepared for him.*
—LUKE 1:17.

Sunday

DECEMBER 25

WE PRAISE GOD FOR THE BIRTH OF JESUS
"WHO IS CHRIST THE LORD."

THE ANGELS proclaimed: "There is born to you this day . . . a Saviour, who is Christ the Lord." And all those who heard lifted their voices in praise to God. Today we know this same truth, and we lift our voices in praise to our loving Father.

We praise God for the birth of Jesus who came to express the Christ and to assure us of this Spirit indwelling us. We praise God for the birth of Jesus who came to tell us of the goodness that is the Father's will for all His children.

We praise God for the birth of Jesus who stretched forth a healing hand, spoke a word of renewal, multiplied substance, fed the hungry, freed the burdened, stilled the storm, resurrected His body, and promised that what He did we can do. His is the voice of encouragement, promise, and fulfillment. His is the heart of love, compassion, understanding, and forgiveness. His is the Spirit we share, the Spirit that saves, restores, and returns us to the perfect likeness in which we are created.

♦ *Glory to God.—LUKE 2:14.*

DECEMBER 26

Monday

I EXPRESS THE APPRECIATION THAT IS IN MY HEART.

AN ACKNOWLEDGMENT of good received is not only polite and gracious, it is a definite part of the prosperity law. A note written promptly, a word expressing sincerely our appreciation of some person's thought of us, will please that person and will satisfy a real need we have to continue the flow of blessing that comes from giving and receiving.

Many times we are forgetful or careless about saying, "Thank you." Somehow we feel that when one of our family or one of our friends gives us a gift or remembers us in some thoughtful way, he knows of our happiness and appreciation. But even though he feels in his heart that we like what he has given us or what he has done for us, he will be glad to have our confirmation of our appreciation.

We may be very busy, but we are never too busy to let the grace of God express through us toward our family and friends. Our thankful spirit is one special way we have of glorifying the Father of us all.

♦ *Giving thanks always for all things.—EPH. 5:20.*

Tuesday

DECEMBER 27

IN THE NAME OF JESUS CHRIST I PRAY FOR
AND DECREE PEACE TO THE WORLD.

WHEN WE pray in the name of Jesus Christ, we are praying in the faith that millions of loving hearts have generated since the birth of Jesus so many years ago. When we pray in the name of Jesus Christ for peace to be established in the world, we are praying for the very thing for which Jesus came into the world.

His purpose was to unify, not divide or separate, men. His purpose was to reveal to men the power of love. His purpose was to quicken men to a knowledge of their sonship to God, their brotherhood, one with the other.

When we pray in the name of Jesus Christ, we dissolve all walls of separation. We erase all potentials that might set one person over another person. We bring to mind that we are every one equal in the sight of God. Our talents, our environment, our expression may be a bit different but our life, our love, our purpose are the same.

♦ *If ye shall ask anything in my name, that will I do.*
—JOHN 14:14.

DECEMBER 28

Wednesday

THERE IS NOTHING TO FEAR, FOR GOD IS ALWAYS WITH ME.

WE SHALL never be afraid in any circumstance or situation if we always remember that God is with us. This is our underlying peace of mind, this is our everlasting protection.

Rather than try to analyze our fears, let us erase them with our faith in God. The fear of the unknown leaves us as we remember that we cannot go where God is not. The fear of other persons leaves us as we remember that everyone we meet has God in him. The fear of being alone leaves us as we remember that we are never alone, that God is always with us. The fear of failure leaves us as we remember that God works through us, that in all we do His Spirit inspires us. We cannot fear storms or disaster of any kind when we remember that God is our protection, and that He is the controlling power in the elements. We cannot be afraid concerning world conditions when we remember that this is God's world, that we are His children.

♦ *I will fear no evil; for thou art with me.*—PSALMS 23:4.

Thursday

DECEMBER 29

WITH GOD'S HELP I PUT SPARKLE INTO MY WORK.

IF OUR WORK seems only a tedious chore to us, if our attitude toward our work is one of indifference, and if we put forth a minimum of effort in performing our work, we can be certain that the rewards will be proportional. Not only do prosperity and success elude us, but we deprive ourselves of the joy that comes from a wholehearted interest in our work. We never experience the satisfaction that comes from performing a task efficiently and well.

If the work we do seems to be uninteresting, unimportant, or beneath our capabilities, we can nevertheless rise to the challenge of putting sparkle into it. We can pray as we work and ask God's help in all that we do. We can keep before us the thought of serving God and man. With this thought in mind we can view our work with new interest and enthusiasm.

Our best efforts and a right attitude are sure to invite prosperity and success.

♦ *And in every work that he began in the service of the house of God . . . he did it with all his heart, and prospered.*—II CHRON. 31:21.

I BELIEVE.

LORD, I would have faith.

I would keep faith in little challenges and in large. I would have faith that the best is always Your will for me. I would have faith that the inspiration that comes to me is from You. I would have faith that when I am behaving myself in the way my heart directs, I am in reality following Your divine direction.

I would have faith in life. I would have faith that life in me is more powerful than the common cold or than any disease named incurable. I would have faith that life is not limited. I would have faith that life is ever-renewing. I would have faith that life is never lost. I would have faith that life is eternal.

I would have faith in substance. I would have faith that there is plenty to meet every need. Not just my own needs, but every need of every person everywhere. I would have faith that in each person there is that which helps him to convert the ideas that come to him from You into the things that are needed to make his life complete.

♦ *I believe; help thou mine unbelief.*—MARK 9:24.

Saturday

DECEMBER 31

I RELEASE THE PAST. I LIVE IN THE PRESENT AND I FIND IT WONDERFUL, PEACE-FILLED, AND INTERESTING.

HIS IS a day of release. If I have been thinking back to the past, reliving my life, comparing what used to be with things as they are now, I accept today as a day of release. If I have considered that I have experienced the richest, most rewarding part of my life, I accept today as a day of release. If I have considered that I have made mistakes for which I can never be forgiven, if I have failed when and where I should have succeeded, if I have erred in some way I cannot adjust, I accept today as a day of release.

I acknowledge God's power working through me helping me to relinquish the past, bringing me liberation from bondage to yesterday. I acknowledge God's light that shines for me, God's life that He has provided for me, God's joy that waits my acceptance. No longer do I look to the past. I discharge any sense of obligation I may have felt by making the present the wonderful, peace-filled, interesting time that it is meant to be.

♦ They went every one straight forward.—EZEK. 10:22.

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